**2021 Activity Challenge**

**20 minutes on 21 days**

18th Jan – 10th Feb

Dear Parent/Guardian,

As we enter into another spell of remote learning as part of the national lockdown, we at the Melton, Belvoir and South Charnwood School Sport and Physical Activity Networks are working with your child’s school in a bid to encourage all children to remain physically active at home during this period.

Over the next term we will be running our **2021** Challenge, which involves each child attempting to complete a minimum of **20** minutes of activity on at least **21** days.

* Any kind of activity counts – running, walking, cycling, skipping, even a Joe Wicks workout!
* The challenge is to do 20 minutes on 21 days – but why not try and beat both targets? Please log all active minutes and days in the table below

**Recording Results**

Track how many minutes you complete using the tracking sheet below. Send the total amount of minutes you have completed to your teacher by **Wednesday 10th February** via the email address *c.rozentals@stathern.leics.sch.uk.*

**Competitions**

* There will be individual prizes for the girl and boy who record the **most minutes** in each year group across all Melton and Belvoir schools
* The school that records the most active minutes will be crowned Melton and Belvoir Champions

**Photo Competition**

Send us your photos of you taking part and you’ll be entered into a prize draw.

**Social Media**

We’d love it if you could engage with us on social media via twitter: @Melton Belvoir

@SouthCharnwood

We know this is a challenging period for all young people but we’re passionate about the positive impact being active can have on the physical and emotional well-being of children so thank you in advance for supporting this event.

Stay safe and keep active,

Mrs Rozentals Lauren Cotton

School Games Organiser

Melton & Belvoir SSPAN

**Tracking Sheet**

|  |  |
| --- | --- |
| **Name** |  |
| **Class** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
|  |  |  |  |  |
| **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
|  |  |  |  |  |
| **Day 11** | **Day 12** | **Day 13** | **Day 14** | **Day 15** |
|  |  |  |  |  |
| **Day 16** | **Day 17** | **Day 18** | **Day 19** | **Day 20** |
|  |  |  |  |  |
| **Day 21** | **Day 22** | **Day 23** | **Day 24** | **Day 25** |
|  |  |  |  |  |
| **Day 26** | **Day 27** | **Day 28** | **Day 29** | **Day 30** |
|  |  |  |  |  |
| * **Record your amount of active minutes on each day** * **Once you have completed 20 minutes on 21 days, don’t stop there! Keep recording your minutes** * **Send back this document to your teacher with your total number of active minutes calculated by Wednesday 10th February** | | | | **Total Active Minutes** |
|  |